

# Kids (1400–1600 Calories)



ML-025233 9/05

**For a 1400–1600 calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to [MyPyramid.gov](http://MyPyramid.gov).  
Limit extras—solid fats and sugars—to 130 to 170 calories a day.**

GRAINS	VEGETABLES	FRUITS	OILS	MILK	MEAT & BEANS
About 5 ounces; Make half your grains whole	About 1½–2 cups every day	About 1½ cups every day	4–5 teaspoons a day	About 2–3 cups every day; for kids aged 2 to 8, it's 2	About 4–5 ounces every day

**Check the Nutrition Facts label to keep saturated fats and trans fats low.**

**Be physically active for at least 30 minutes most days of the week.**